Under 9 – Under 10

PHILOSOPHY (Participation Priorities)

- Self esteem – Inherent success for all involved
- Fun focussed, individual skill development
- Awareness of being a team member & playing various positions
- Introduction to the game and good sportsmanship
- We've got it (offensive) they've got it (defensive) awareness
- Participation is an over-riding priority

PREREQUISITES

- AFL Level 1 Accreditation – Auskick
- AFCA member and/or access to updating information
- To behave and perform in accordance to AFL Coaches Code of Conduct
- Communication and management skills

RECOMMENDED REQUIREMENTS

Prior involvement with this age group in football or in other fields.

COMPETENCIES

1. Ability to teach the four main possession skills
   - **Kicking**
   - **Marking**
   - **Collecting / bouncing**
   - **Handball**

   As well as spatial awareness
2. Ability to implement varied, organised and effective training sessions
3. Understanding of the rules of the game
4. Understand the variety of personalities and abilities of the group
5. Ability to communicate with parents, players and officials of the club
6. The ability to plan a relevant, age and skill specific programs for **match** & **training** situations
7. Ability to evaluate the program and own coaching
8. Ability to coach the four main contact skills
   - **Falling**
   - **Bracing**
   - **Bumping**
   - **Landing**

RESOURCES

New Australian Football Coaches Diary
AFL National Auskick Coaching manual – CD Rom
Kick Left, Kick Right!
Coaching Update
AFCA regional Coaching Resource Centre
Best of Junior Coaching Module
Auskick Lesson Cards
Contact Skills Video- part 1

GROW THE GAME
WEST AUSTRALIAN FOOTBALL

Created by Anton Grbac, Keith Burns, Trevor Robertson, Steve Teakel ©2002

Under 11 – Under 12

PHILOSOPHY

- Individual skill development and defensive skills
- Fun & self esteem
- Role in the team and different positions
- We've got it (offensive), they've got it (defensive) and free ball (ball in dispute)
- Teach Sportsmanship

PREREQUISITES

- AFL Level 1 Accreditation – Auskick
- AFCA member and/or access to updating information
- To behave and perform in accordance to AFL Coaches Code of Conduct
- Communication and management skills

RECOMMENDED REQUIREMENTS

Prior involvement with this age group in football or in other fields.

COMPETENCIES

1. Ability to teach the four main possession skills
   - **Kicking**
   - **Marking**
   - **Collecting / bouncing**
   - **Handball**

     As well as spatial awareness
2. Ability to implement varied, organised and effective training sessions
3. Understanding of the rules of the game and respect for officialdom
4. Understand the variety of personalities and abilities of the group
5. Ability to communicate with parents, players and officials of the club
6. The ability to plan a relevant, age and skill specific programs for **match** & **training** situations
7. Ability to evaluate the program and own coaching
8. Ability to coach the four main contact skills
   - **Falling**
   - **Bracing**
   - **Bumping**
   - **Landing**
9. Ability to teach defensive skills of
   - **Tackling** – front fall, side drop
   - **Guarding mark**
   - **Accountability**
   - **Spoiling**
   - **Smothering**
   - **Being tackled**
10. Ability to read the play and make decisions (**Game Sense**)

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RESOURCES

Best of Junior Coaching
New Australian Football Coaches Diary
Auskick Lesson Cards
Contact Skills Videos- part 1, part 2
Coaching Update

Best of Drills
AFL National Auskick Coaching manual – CD Rom
Kick Left, Kick Right Video
AFCA regional Coaching Resource Centre

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Under 13, Under 14 & Under 15

PHILOSOPHY

- Individual skill development and defensive skills
- Fun and self-esteem
- Role in the team and different positions
- We've got it (offensive), they've got it (defensive) and free ball (ball in dispute)
- Sportsmanship and its role in the team
- Insure the above competencies have been learned and reinforced
- an introduction to the basic tactical components of the game
- awareness of player management and welfare

PRE REQUISITES

- AFL Level 1 Accreditation – Youth
- AFCA member and/or access to updating information
- To behave and perform in accordance to AFL Coaches Code of Conduct
- Communication and management skills

RECOMMENDED REQUIREMENTS

Prior involvement with this age group in football or in other fields

COMPETENCIES

1. Understanding of the youth player and youth issues
2. Ability to teach the four main possession skills
   - **Kicking**
   - **Marking**
   - **Collecting / bouncing**
   - **Handball**

     As well as spatial awareness
3. Ability to implement varied, organised and effective training sessions
4. Understanding of the rules of the game and respect officialdom
5. Understand the variety of personalities and abilities of the group
6. Ability to communicate with parents, players and officials of the club
7. The ability to plan relevant, age and skill specific programs for **match** & **training** situations
8. Ability to evaluate the program and own coaching
9. Understanding of modern tactics and game styles
10. Ability to teach advanced contact skills
    - **Impact tackling**
    - **Drop tackles**
    - **High mark and landing**
    - **Effective body use**
    - **Fending**
11. Ability to read the play and make decisions (**Game Sense**)
12. Position specific skills
13. Ability to identify, remediate and correct minor flaws in skill execution

Note – Coaches encouraged not to employ overly defensive or negative tactics such as tagging or flooding.

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RESOURCES

Contact Skills Video -part 2
Best of Player Management
Best of Drills
New Australian Football Coaches Diary
Best of Football Science
The Coach-Level 1 Youth Coaching manual
Ruck bags, tackle bags, focus pads etc
Best of Youth, Senior Coaching

Created by Anton Grbac, Keith Burns, Trevor Robertson, Steve Teakel ©2002

Under 16, Under 17 & Under 18

PHILOSOPHY

- Individual skill development and defensive skills
- Fun and self esteem
- Role in the team and different positions
- We've got it (offensive), they've got it (defensive) and free ball (ball in dispute)
- Sportsmanship and the player's role in the team
- Understanding of the responsibility of "consequences of actions"
- an introduction to the basic and extended (set plays) tactical components of the game
- awareness of player management and welfare

PREREQUISITES

- AFL Level 1 Accreditation – Youth
- AFCA member and/or access to updating information
- To behave and perform in accordance to AFL Coaches Code of Conduct
- Communication and management skills

RECOMMENDED REQUIREMENTS

Prior involvement with this age group in football or in other fields

COMPETENCIES

1. Understanding of the youth player and youth issues
2. Ability to read the play and make decisions (**Game Sense**)
3. Ability to teach the four main possession skills at game pressure
   - **Kicking**
   - **Marking**
   - **Collecting / bouncing**
   - **Handball**

   As well as spatial awareness
4. Ability to implement varied, organised and effective training sessions
5. Understanding of the rules of the game and respect officialdom
6. Understand the variety of personalities and abilities of the group
7. Ability to communicate with parents, players and officials of the club
8. The ability to plan a relevant, age and skill specific programs for **match** and **training** situations
9. Ability to evaluate the program and own coaching
10. Understanding of modern tactics and game styles
11. Ability to teach advanced contact skills at game pressure
    - **Impact tackling**
    - **Drop tackles**
    - **High mark and landing**
    - **Effective body use**
    - **Fending**
12. Position specific skills
13. Ability to identify, remediate and correct minor flaws in skill execution
14. An appreciation of the physical demands of the game and specific conditioning programs
15. An appreciation on rehabilitation/recovery programs or tools

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RESOURCES

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